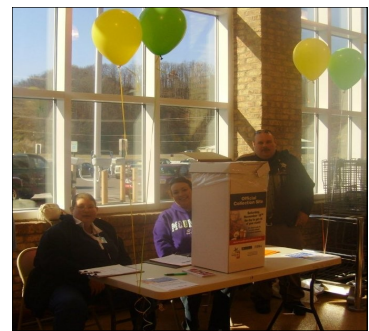




The Southwest Virginia Medical Reserve Corps was pleased to assist with Drug Take-Back events in both Washington and Wise Counties this fall. Partnering with Community Services Boards, Law Enforcement and local community organizations, SWVA MRC volunteers accepted both prescription and Over-The-Counter medications from local citizens for proper disposal by local law enforcement. These activities promote the SWVA MRC, involve members in local public health activities and ensure that all types of medications are properly disposed of and not dumped into landfills or water systems. During 2012, the SWVA MRC would like to assist with or sponsor similar events in each of the three health districts. If you would like to be involved, please advise the Volunteer Coordinator. The SWVA MRC looks forward to being involved in the efforts to ensure our citizens safety.

Thanks to the following members for their support of the Drug Take-Back Events in 2011:

- Justin Baird
- Gail Bryant
- Deborah Burchell
- Shirley Campbell
- Susan Chandler
- Victoria Chestnut
- Jennifer Cox
- Sasha Dotson
- Denise Epp-Bierstedt
- Angie Fields
- Kirsten Fleming
- Helen Forrester
- Andrea Garrison
- Mike Hayter
- Laura Isaacs
- Dee Kimmell
- Janie McGlocklin
- Kathy Neace
- Joyce Perkins
- Bina Phipps
- Lena Whisenhunt
- Nancy Zertuche



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The SWVA POINT News



As another winter season approaches, the residents in the SWVA region need to prepare for winter weather like our coastal neighbors prepare for hurricane season. The past two winters taught southwestern Virginia residents that there can never be too much preparation.

Make a plan. Decide on a meeting place outside of your neighborhood if your family is separated and cannot return home because of closed roads. Remember to connect with family members by texting **“RUOK”** and answering with **“IMOK”**. Discuss your plan with all members of your family and make sure everyone knows what to do.

Get a kit. 3 days food; 3 days water (a gallon per person per day); a battery-powered and/or hand-crank radio with extra batteries, a first aid kit, medications if needed, blankets and warm clothing, supplies for special member of your household, and pet items.

Stay informed. Before, during and after a winter storm, you should listen to local media for information and instructions from emergency officials. Be aware of winter storm watches and warnings and road conditions. [You can find road condition information 24/7 by calling 511 or checking www.511Virginia.org.](http://www.511Virginia.org)

In an effort to be better prepared, several SWVA MRC members recently completed American Red Cross Disaster Health Services training. This training will allow SWVA MRC members to assist in local shelters, if and when they are needed. There are plans to conduct quarterly trainings during 2012. If you are interested in attending, please notify the Volunteer Coordinator. Thanks to Lena, Nathan, Bill and Roger.

Pictured to the right: Lena Whisenhunt (Dickenson Co) and Nathan White (Tazewell Co.)

Current Volunteer Count SWVA MRC (as of 12/6/2011)	
Physicians	16
Physician Assistants	1
Nurses	488
Nurse Practitioners	15
Pharmacists	24
Dentists	8
Veterinarians	6
Mental Hlth Professionals	50
EMS Professionals	83
Respiratory Therapists	4
Other Public Hlth/Med.	92
Other Non-Public Hlth/Med.	265



It is hard to believe that we are quickly approaching the end of another year! Wow, this has been a busy and productive year. Drug-Take Back partnerships, statewide video trainings, cross-training with the American Red Cross, development of the SWVA MRC Advisory Board, assistance from the VISTA program, outreach to support Early Breast Cancer detection, preparedness and public health initiatives. Then the SWVA MRC was asked to assist with the devastating tornados which struck Washington County. As preparation are underway to celebrate the 10th anniversary of the Medical Reserve Corps in 2012, I expect next year to be jam-packed too!. I wish you all a very Merry Christmas and look forward to a wonderful New Year. Please remember to prepare for the winter ahead and add some preparedness items to those family stockings! All my best wishes, Kristina